Welcome to the Young at Heart programme. Sessions are targeted for those over 60+ although all ages are welcome. All activities are free unless otherwise indicated. Starts dates included below.

For more information or queries about any of the programme please contact June Yates on 020 4513 7136 or email [june.yates@lbbd.gov.uk](mailto:june.yates@lbbd.gov.uk)

**Monday**

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| **Time** | **Session** | **Venue** |
| 10am to 12noon | Line Dancing | Valence Community Hub |
| 10am to 11.30am | Yoga and Relaxation\*\* | Abbey Leisure Centre |
| 12.15pm to 1.45pm | Chair Based Yoga and Meditation | Park Centre |
| 12.30pm to 3pm | Games Sessions | M&B Sports Club |
| 1pm to 2pm | FitSteps | Valence Community Hub |
| 2.30pm to 4pm | Line Dancing / Barn Dancing | Park Centre |
| 12.30pm to 3pm | Bingo\* | Barking Learning Centre |
| 2.30pm to 3.30pm | Tai Chi | Valence Community Hub |

**Tuesday**

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| **Time** | **Session** | **Venue** |
| 10.30am to 11.30am | Coffee Morning (online) | Contact [June.Yates@lbbd.gov.uk](mailto:June.Yates@lbbd.gov.uk) |
| 12.15pm to 1.30pm | Line Dancing | Wantz Community Centre |
| 12noon to 3.45pm | Darts & Snooker | Wantz Community Centre |
| 1.30pm to 3.30pm | Arts & Crafts | Barking Learning Centre |
| 2.15pm to 3.45pm | Yoga | Fanshawe Community Centre |
| 2pm to 3.45pm | Tea Dance | Wantz Community Centre |
| 1.30pm to 3.30pm | Darts | Barking Learning Centre |

**Wednesday**

|  |  |  |
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| **Time** | **Session** | **Venue** |
| 10am to 11am | FitSteps | Park Centre |
| 10am to 11.30am | Yoga and Relaxation | Hedgecock Community Centre |
| 11am to 12.15pm | Yoga and Meditation (Seated) | Valence Community Hub |
| 11.30am to 12.30pm | Walking Football\*\* | Becontree Heath Leisure Centre |
| 11.30am to 12.15pm | Chair Exercise | Park Centre |
| 12.30pm to 1.45pm | Yoga and Meditation (Mat based) | Valence Community Hub |
| 12.30pm to 3pm | Bingo\* | Park Centre |
| 12.30pm to 3.30pm | Hoy | Barking Learning Centre |
| 2.30pm to 3.45pm | Knit & Natter Beginners Class | Park Centre |
| 3pm to 4.30pm | Darts | Park Centre |
| 1.50pm to 2.50pm | Zumba Gold | Valence Community Hub |

**Thursday**

\* There is a charge to Bingo sessions for the books and other games

\*\* Residents using Abbey and Becontree Heath Leisure Centres needs a Young at Heart / Ageing Well Membership which costs £52 per year.

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| **Time** | **Session** | **Venue** |
| 9.30am to 10.15am | Zumba Gold | M&B Sports Club |
| 10.15am to 11.30am | Yoga & Meditation | M&B Sports Club |
| 10am to 12noon | Short Mat Bowls | Ripple Centre |
| 10am to 12noon | Knit & Natter (Tutor led & Online) | Park Centre |
| 11am to 12noon | Tai Chi | Park Centre |
| 11.30am to 12.30pm | Self Defence / First Aid | Valence Community Hub |
| 12.30pm to 1.15pm | Chair Exercise | Valence Community Hub |
| 11.45am to 12.45pm | Supple Strength | M&B Sports Club |
| 12.30pm to 3pm | Bingo\* | Park Centre |
| 12.30pm to 3pm | Bingo\* | Barking Learning Centre |
| 1.45pm to 3.45pm | Crafts (£1 to cover Tea & Coffee) | Valence Community Hub |
| 3pm to 4pm | Zumba Gold | Park Centre |
| 7.30pm to 8.30pm | Zumba | Ripple Centre |

**Friday**

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| **Time** | **Session** | **Venue** |
| 10.30am to 12noon | Line Dancing | Chadwell Heath CC |
| 10.30am to 11.15am | Chair Exercise | Chadwell Heath CC |
| 12.45pm to 3pm | Bingo\* | Chadwell Heath CC |
| 1pm to 3pm | Knit & Natter | Chadwell Heath CC |
| 12.30pm to 1.30pm | Zumba Gold | Chadwell Heath CC |
| 1.30pm to 2.30pm | Ballroom Dancing \*\* | Abbey Leisure Centre |
| 7pm to 8pm | Music Quiz (online) last Friday of Month from August | **Contact** [June.Yates@lbbd.gov.uk](mailto:June.Yates@lbbd.gov.uk) |

**Venue Details**

**Abbey Leisure Centre**

Bobby Moore Way, Barking IG11 7LX

**Barking Learning Centre**

2 Town Square, Barking IG11 7NB

**Becontree Heath Leisure Centre**,

Althorne Way, Dagenham RM10 7AY

**Chadwell Heath Community Centre**

High Road, Chadwell Heath Romford RM6 6AS

**Fanshawe Community Centre**

Barnmead Road, Dagenham RM9 5DX

**Hedgecock Community Centre**

28 Stephen Jewers Gardens, Barking IG11 9FA

**M&B Sports Club**

Dagenham Road, Rush Green RM7 0QX

**Ripple Centre**

Ripple Road, Barking IG11 7PB

**Valence Community Hub**

Becontree Avenue, Dagenham RM8 3HT

**Park Centre**

Rectory Road, Dagenham RM10 9SA

**Wantz Community Hall**

Rainham Road, Dagenham RM10 7NL